

Books and Podcasts for your LDS Mixed Faith Marriage

Books:

Marriage

Codependency No More by Melody Beattie

This book talks about codependency primarily in the context of alcoholism. Don't let this deter you. Codependency is highly correlated in mixed faith marriages.

The Assertiveness Guide for Women by Dr. Julie Hanks

This is not a marriage book, but in my opinion many women need to learn to communicate more effectively and honestly. Many men need to be more comfortable when women communicate more honestly. This book also gives a great primer on attachment styles.

The Seven Principles for Making Marriage Work by Dr. John Gottman

John Gottman is one of the most celebrated marriage researchers. This book offers a solid overview to some of the things that can make or break a marriage.

Fair Play by Eve Rodsky

Many marriage issues stem from inequality. This is a practical guide on addressing the division of labor in a marriage (often a place of inequality). You may wonder what this has to do with a mixed faith marriage. When fundamental beliefs are questioned there is a ripple effect and it not uncommon for roles to be questioned too.

Faith Transition

Dance of the Dissident Daughter by Sue Monk Kidd

A protestant (evangelical) woman tells the story of her faith transition and how it impacted her marriage and relationship with the feminine divine. (This is aimed at women).

Untamed by Glennon Doyle

Glennon Doyle addresses women's chronic suppression of discontent and how to start taking much better care of themselves. (This is aimed at women).

Take Back Your Life by Janja Lalich and Madeleine Tobias

The subtitle of this book is Recovering from Cults and Abusive Relationships. I know this alone will be off-putting to many. However, it may be a helpful book for those who have experienced a faith transition to find words for what they have experienced. This book was written by academics so the use of these words is in a very specific context.

Recovering Agency by Lindsey Corbden

This is another controversial book. Again it has proven helpful to many who have experienced a faith transition to better understand their experience.

Atlas of the Heart by Brene Brown

This book provides language around common emotions. This can be extremely helpful to individuals experiencing a faith transition or mixed faith marriage.

Parenting

Good Inside by Dr. Becky Kennedy

A thoughtful approach to parenting where the premise is based on the idea that parents and kids are good inside and behaviors are not the result of a personal flaw but something that can be addressed. It helps distinguish behavior from the person. It questions shame based parenting approaches.

The Whole Brain Child by Daniel J Seigel

There are so many parenting books. So many. I like this one as it teaches natural consequences in the context of childhood development. To parents can read a book and be on the same page in a certain approach even if they don't agree on the child attending primary.

Podcasts:

The Mixed Faith Marriage Podcast with Certified Life Coach Brooke Booth

This podcast provides practical tools to help you navigate your mixed faith marriage.

Marriage on a Tightrope by Allan and Kattie Mount

Allan and Kattie share their stories and wisdom of what its like to me in a Mormon mixed faith marriage.

The Life Coach School Podcast by Brooke Castillo

I trained in The Life Coach School and find many episodes here to be valuable for a mixed faith marriage. There are a lot of episodes so pick from so choose the ones most applicable to you.

This list is not exhaustive, just a starting place. Wishing you the best in your mixed faith marriage!

Regards,

Brooke

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